For Physical Preparedness

U.S. Army Exercises Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.



FIRST SET. Wand Exercise No. 5.

O-DAY we have the familiar awaying exercise, which is also a part of the regulation army "setting-up" code, and when this is practised in five movemental can be made more beneficial and interesting than the simple side to side exercise. Assume the starting position with the arms extended in front of the body, as shown in figure one, knees rigid, nd then quickly raise the wand above the head, as shown in figure two, then sway the body to the right side from the walst line only, as illustrated in the large centre picture, three, then sway to the left side, as in figure four. Proceed by bringing the body up to straight standing position and lower arms in front of body as in figure five. Practice this ex-

This movement is more beneficial if the heels are kent close together, as in the regulation army exercises, but many women cannot retain balance and poise unless the feet are slightly separated. When the arms are raised above the head, as in this group of swaying exercises, the waist, sides and hip muscles are stretched during the movements, which is also

While You Wait for the Doctor

That Bad Headache.

a while come from some dorangement of the stomach, for headache is not a disease in itself, but only a symptom, a sort of cry for help from certain parts of the body that need attention. So do not fly for headache powders or tablets, most of which contain some of the coal tar preparations that are so injurious to he heart and which should only be

aken under a physician's orders, but ry to get at the real source of the If you wake with a dull headache

The your water morning that there were not a few preserves and the set of the strong management every morning that either wears off

intide re— Take a up of hot tea or office. If more all the place of th

the pain in the neck continues That Bad Headache.

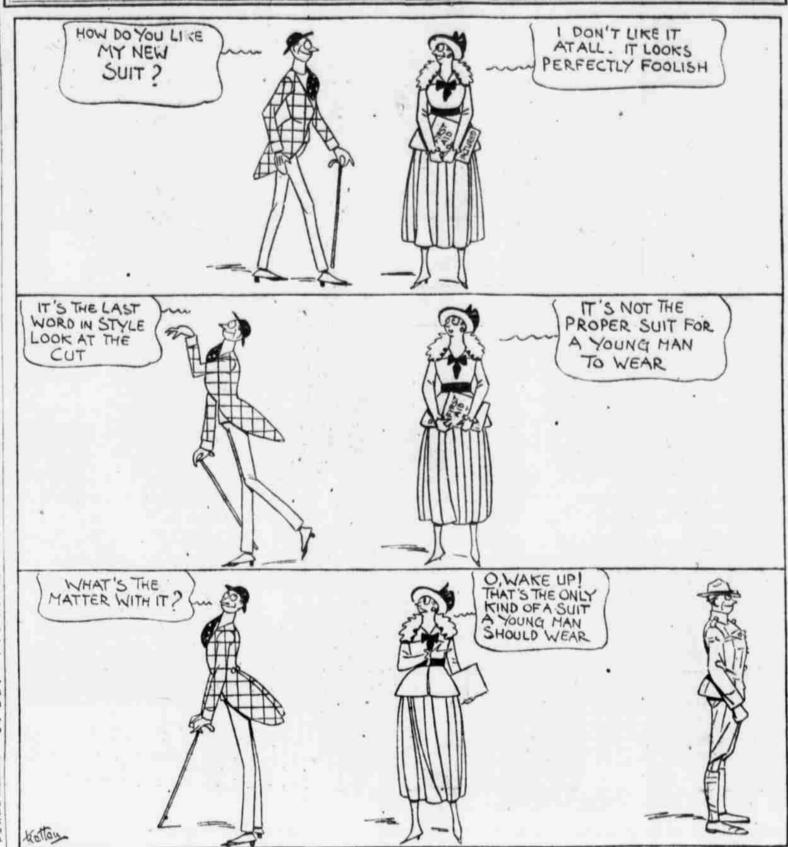
your head back in an easy chair and put a hot water bag under the back that we all suffer from once in impossible to do this rub it with a

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The Proper Suit

by The Pure Publishing Co.
(The New York Evening World be

By Maurice Ketten



The Evening World's Kiddie Klub Korner

Conducted by E'eanor Schorer

Outdoorland

RufousHummer

THE air buzzed with a zum zum sound. "There must be a fairy sawmill hereabouts," ventured Bess. "Why a fairy one?" asked Bob diadainfully. "Because the hum is so gentle." "That hum belongs to Mr. Rufous Hummer, said Bombus, his eyes twinkling.

"Ho-ho!" laugh-

ed Bob. "I told you it was no fairy," "Well, such wee pretty creatures are the youngsters immensely, too, and

as near to fairies as anything we can see." declared Bean, and Bombus murmured, "There's something in that, something in that."

they waked, declaring they had spent one of the most interesting Outdoorland visits so far.
Suggested by Marjorie Strack, aged twelve, No. 74 Seventh Avenue, Brook-The two watched the bird and his lyn.

The two watched the bird and his mate busily gathering thintiodown and spider webs to line the coay nest where two flesh-pink eggs would know World. No. 63 Peer Row. New York.

by so splendid a lover. Mrs. Hum-mer took it all quite calmiy, all things considered, and when, after the things considered, and when, after the appearace of two small eggs, the husband vanished, she was far from discensoiate. In very warm weather she seldom brooded for long but would take a spin about the garden now and then. The children feared that the baby birds would never come forth, being so neglected. Rob and Bess were so inquisitive and nosed about so much that mother bird got to know and even to like them.

They fliled the cups of flowers with sweet water for her and once Bess tempted Mrs. Hummer to sip honey and water from the palm of her hand. Despite the children's fears the nest-

and water from the palm of her hand.
Despite the children's fears the nestlings broke through in due time and
lay quietly, looking like two black
beatles. Soon black horns sprouted
all over the bantlings and these in
turn burst into little brown feather
pompons at the tips. From then on
they grew nicely.
Humming-birds thrive upon sunshine, but when Old Sol shone too

shine, but when Old Sol shone too hotly the mother perch on the nest edge and gently fanned the frail youngsters with her flapping wings.

The way the whole family could fly backward as easily as forward amused

eron, "for why in all the world should

"And look, Allan, at Moira! She's

By Ralph Connor

MRS. HUMMER LIKED THE CHILDREN.

soon turn into two fledgings. Far beneath a heavy shelter of leaves Mrs. Hummer, untiring and skilful, worked and wove, her wings humming bussly all the while, occasionally mopping to bill and coo with her handsome, faithful spouse.

Pa Hummer was exceedingly beautiful. His many-colored coat could have rivalled that of Joseph, with its rich green, brown and purple hues, topped off by a silver gray color and scarlet cravat. scarlet cravat.

It was indeed an honor to be wooed script not observing this request must need be rejected.

needs be rejected.

Let us see, now, what a high average can be kept by my many clever cousins in their deligniful stories, poems and Outdoorland Contest contributions. Affectionately

Cousin Eleanor. P. S.—The Kiddie Klub Pageant,
"YOUNG MANHATTAN,"
is to be held in Central Park on Saturday, May 25.
Rehearsals every Saturday at
Washington Irving High School, No.
40 Irving Place, Manhattan, and daily
in the Park Playground Centres of
Manhattan.

they held their hand outstretched the diametric gay, little surfuents come a thought gard. EART EGAN, Age 8.

There are star all night in heavel,
And I am the star of day heavel,
No. 460 West 121st Street,

The Picule. Near all the ranch poor Johnnie here, Of sandwiches and many things more of sandwiches and many things more some full and value of their some full and their some full and their some full and their some full and their some out about 101d Jusy he came out the sand th



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THE PATROL OF THE SUN DANCE TRAIL

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

(Coorright, Grorge H. Doran Co.) SYNOPSIS OF PRECEDING CHAPTERS.

remedy is not east water. Put hair a game of warm water and drink as many glasses of this as is necessary to act as a they some state of this as is necessary to act as a they some state of the post of the post

distinguished as its rider. His coal the sloping trail the bronces were nance-'I could not have done it had forgotten! There is no home there, sisted Mandy. "See, a living room, distinguished as its rider. His coal the sloping trail the brences were black skin shone like slik, his fiat legs running savagely, their noses close to you ever lost your nerve."

"I had no rear after I saw your like the roar of a kettledrum, their face," said the girl simply. "I knew cut sharply at the bronces.

"What a beauty! What a beauty!"

breathed Mora again to the doctor.

As if in answer to her praise the sloping trail the brences were paragraphing from the breaches. The sloping trail the brences were paragraphing from the breaches were paragraphing from the sloping trail the brences were paragraphing from the breaches. It is sloping trail the brences were paragraphing from the sloping trail the brences were paragraphing from the breaches. It is sloping trail the brences were paragraphing from the breaches of the cookhouse out at the breaches. There is no home there, lovely large for the paragraphing form. There is no home there, sisted Mandy. "See, a living room, a sloping trail the brences were lovely now never!"

"I had no rear after I saw your like the prairie."

"I had no rear after I saw your like the brences.

"Here we are, just at the top," put opened the goor in the concept.

"Here we are, just at the top," put opened the goor in the concept.

"Here we are, just at the brences.

"Here w

As if in answer to her praise the is high seat as a gallor to a swaying came up.

As if in answer to her praise the is high seat as a gallor to a swaying came up.

Stranger, raising his Stetson, swept must. Behind, and swiftly drawing her an elaborate how, and, touching level with the flying broncos, sped his horse, moved nearer to the door the black horse, still with that smooth with both hands. "I never can—we clamations of amagement burst from of the Stopping Place and swung grace of a skimming swallow and never can forget it—or repay you."

Why, Allan? What? Is this the "And I don" "

"Yes—he is—he is a chap I met when I was on the force."

"A policeman?"
"No, no," replied her brother hastily, "What then? Does he live here."
"He lives somewhere south. Don't know exactly where he lives."
"What is he? A rancher?"
"A rancher?"
"The broncos seemed to catch their exottement, their weariness disap.
"The broncos seemed to catch their lided brought the pipes with him peared, and, pulling hard on the bit, they tore down the winding trail.
"There I wonder if they are here.
"John find out from the Inspector, and year."
It developed that Macgregor had indeed brought the pipes with him peared, and, pulling hard on the bit, they tore down the winding trail.
"There I wonder if they are here.
"John find out from the Inspector, and year."
It developed that Macgregor had indeed brought the pipes, in which all, with more or less grace, took part till the piper declared he was clean done.
"And M. Courseance," and M. Course and the liter of the pipes are well.

"The I wonder if they are here.
"John find out from the Inspector, and year."

The wonder if they are here.
"John find out from the Inspector, and year."

The last the Fort has them."

"Then I wonder if they are here.

"In the repople. I know now, all the Fort has them."

"Then I wonder if they are here.

"In the volution, find out from the inspector and the wanting them this evening."

It developed that Macgregor had indeed brought the pipes with him peared, and, pulling hard on the bit, hours were spent in dancing to Cambon the infection of the wanting them this evening."

It developed that Macgregor had indeed brought the pipes with him peared, and pulling hard on the bit, hours were spent in dancing to Cambon the infection of the wanting them this evening."

It developed that Macgregor had indeed brought the pipes with him the wanting them this evening."

There's the Inspector, anyway," or issert of know you, Alian," said "And Mr. Cochrane, And that bis sister a little reproachfully. "Anyway," she continued with a "sep breath, "he is just splendid, and I mean to know more of him."

There's the Inspector, anyway," cron's resis, in which all, with more of this, I'll bet you.'

"And Mr. Cochrane! And that "Let Macgregor have the pipes. Cameron," cried the inspector, "He is just splendid, and I mean to know more of him."

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